



KAPA'A SENIOR CENTER CALENDAR -OCTOBER 2017

4491 KOU STREET HI 96746 Ph: (808) 822-1931



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	Exercise w/Marta (8-9AM) 4 Drummercise (9-10AM) Hawaiian Quilt'g (9-11 AM) Tai Chi (10-11AM) LocalStyleUkulele(9-11:15AM) Hula (11:15-12:30PM)	***Assembly*** (9:30AM) BINGO Steering Committee 11AM	Exercise w/ Marta (8-9AM) Dummercise (9-10AM) Tai Chi for Arthritis (10:30-11:30AM)
9	10	11	12	13
Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30AM-10:30AM) Senior Yoga (11-12PM)	Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	Exercise w/Marta (8-9AM) Drummercise (9-10AM) Hawaiian Quilt'g (9-11 AM) Tai Chi (10-11AM) LocalStyleUkulele/Hula Outreach10AMHale Kupuna	***Assembly*** (9:30AM) Organize & Price Items for All Island Craft Fair 10/20/2017	Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
16	17	18	19	20
Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM) Senior Yoga (11-12PM)	Ukulele (9-11am) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	Exercise w/Marta(8-9AM) Drummercise (9-10AM) Hawaiian Quilt'g (9-11 AM) Tai Chi (10-11AM) LocalStyleUkulele(9-11:15AM) Hula (11:15-12:30PM)	***Assembly*** (9:30AM) Make Energy Bars	Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
23	24	25	26	27
Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM) Senior Yoga (11-12PM)	Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	Exercise w/ Marta (8-9AM) Drummercise (9-10AM) Hawaiian Quilt'g (9-11 AM) Tai Chi (10-11AM) LocalStyleUkulele (9-11:15AM) Hula (11:15-12:30PM)	***Assembly*** (9:30AM) Birthday Recognition Halloween Theme POT LUCK * CAKE * FUN	Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
30	31			
Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM) Senior Yoga (11-12PM)	Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM) NordicWalking(7:30-9:30AM)			